



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Seise, Anke

Club: Röblinglaufverein

Number: 106

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 24:54

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 18 (of 39)

Rank in course/Women: 4 (of 14)

Best time in course: 22:10

Rank in category: 1(of 1)

Best time in the category: 24:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.39	6:07	4:24	1	-	3	0:33	1.39	6:07	4:24	1	-	4	0:30
Lap 2	2.35	12:05	5:08	1	-	4	1:34	3.74	18:12	4:51	1	-	4	1:45
Last lap Finish	1.30	6:42	5:09	1	-	4	0:41	5.00	24:54	4:58	1	-	4	2:44